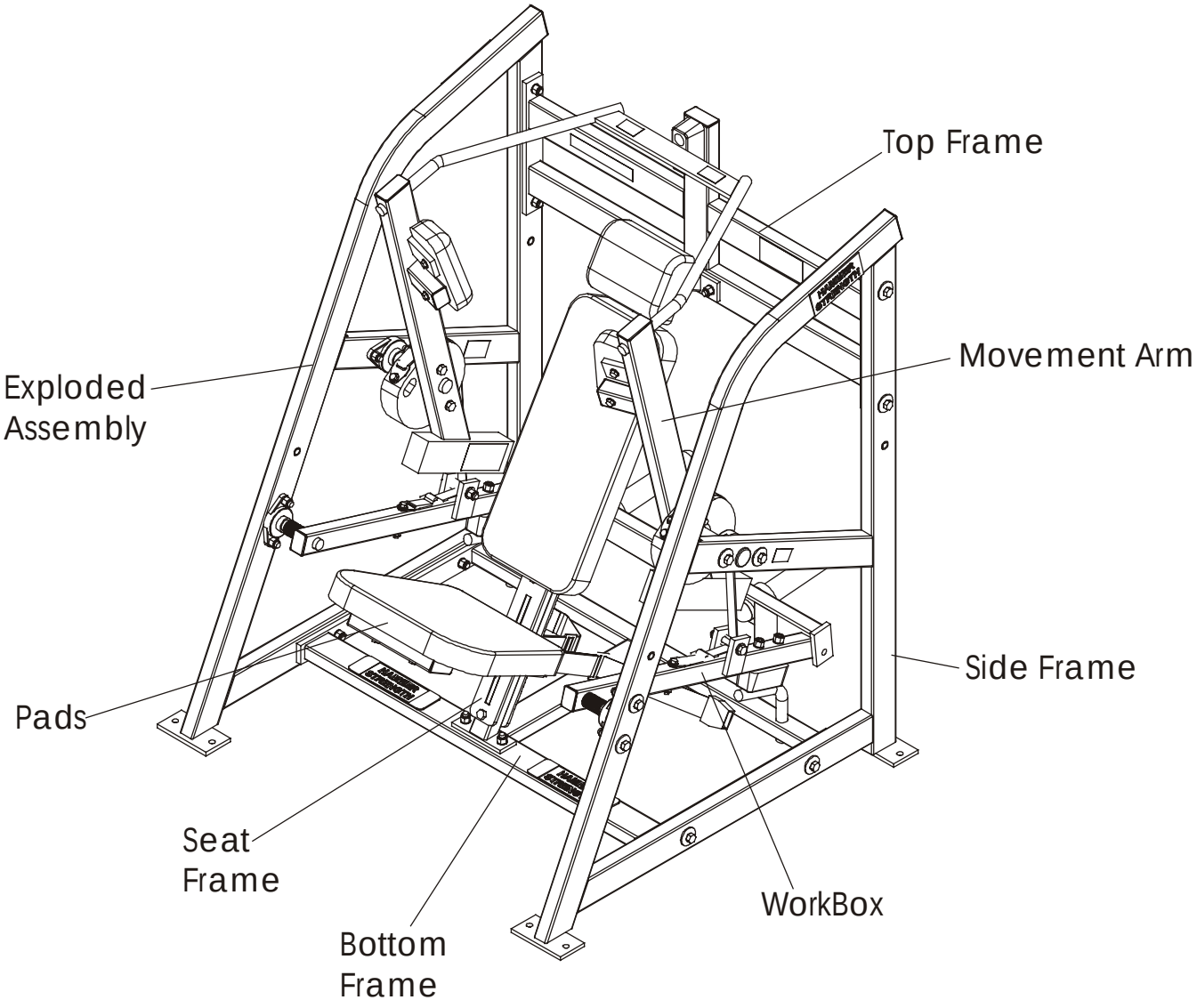
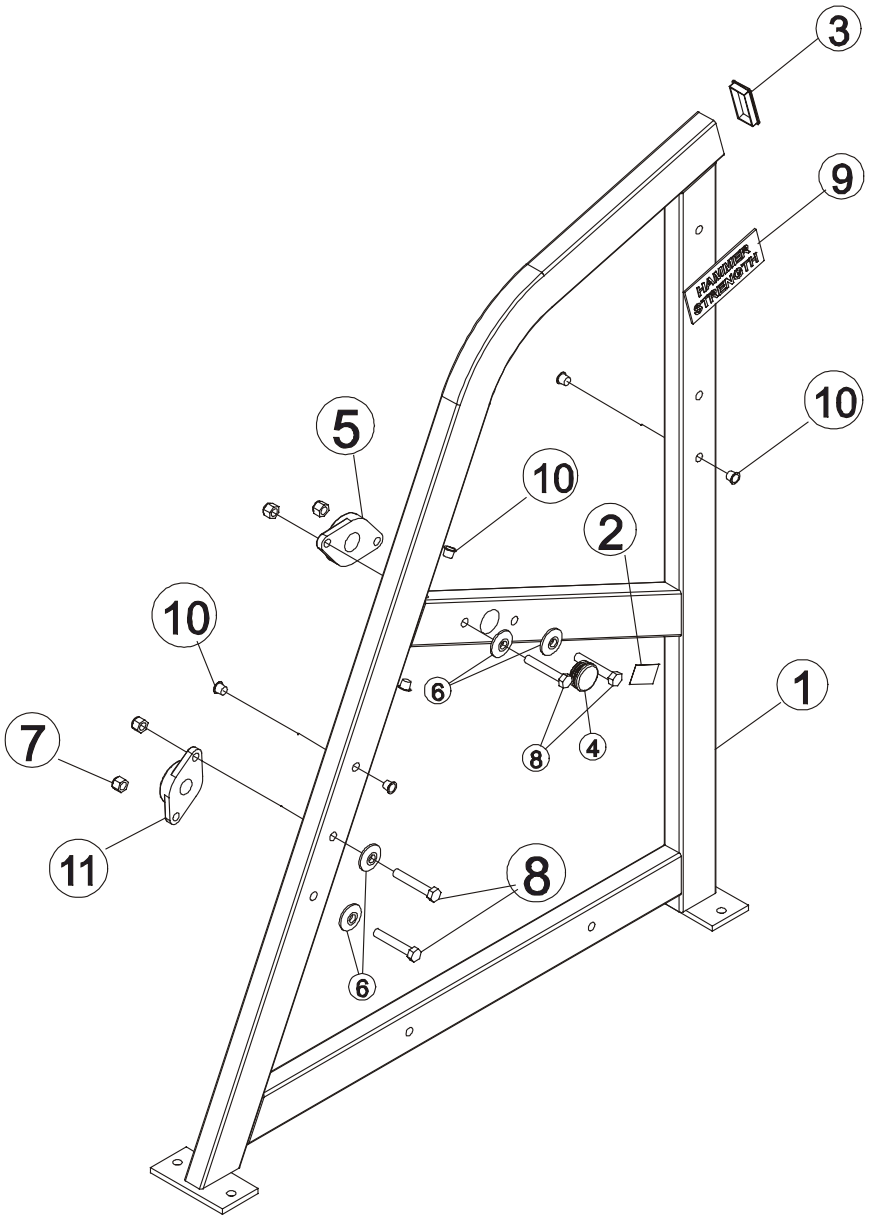
HAMMER STRENGTH EQUIPMENT
PLABC - Plate Loaded Abdominal Crunch

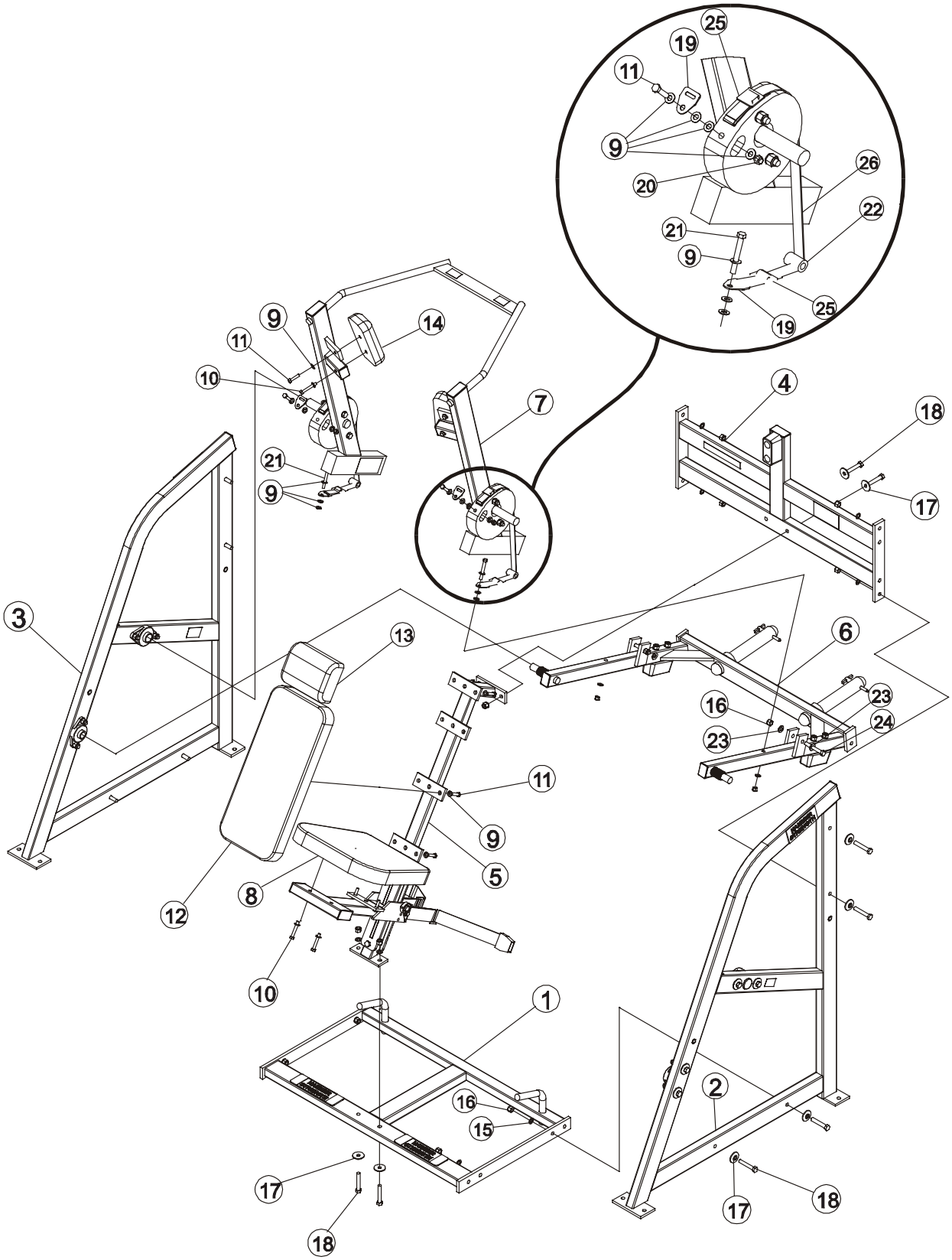


HAMMER STRENGTH EQUIPMENT
PLABC – Side Frame



ITEM NO	QTY.	PART NO.	DESCRIPTION
1	1	PLABC-SF-0	Side Frame
2	1	STAY CLEAR	Stay Clear Decal
3	1	H-PEND3	1 1/2 X 3 End Cap
4	1	H-LOCK-PLUG(LARGE)	9/16" Hole Plug
5	1	H-BEAR-LGE	1 1/4" Flange Bearing
6	4	H-BACK-WASH	Backing Washer
7	4	NUT.5LOCK	1/2" Thick Lock Nut
8	4	HHB.5X3	1/2 X 3 Bolt
9	1	H-NAMEPLATE	Name Plate
10	6	H-HPLUG	Hole Plug
11	1	H-BEAR-SML	Small Bearing

HAMMER STRENGTH EQUIPMENT
PLABC – Exploded Assembly



NOTE: See next page for part numbers and descriptions.

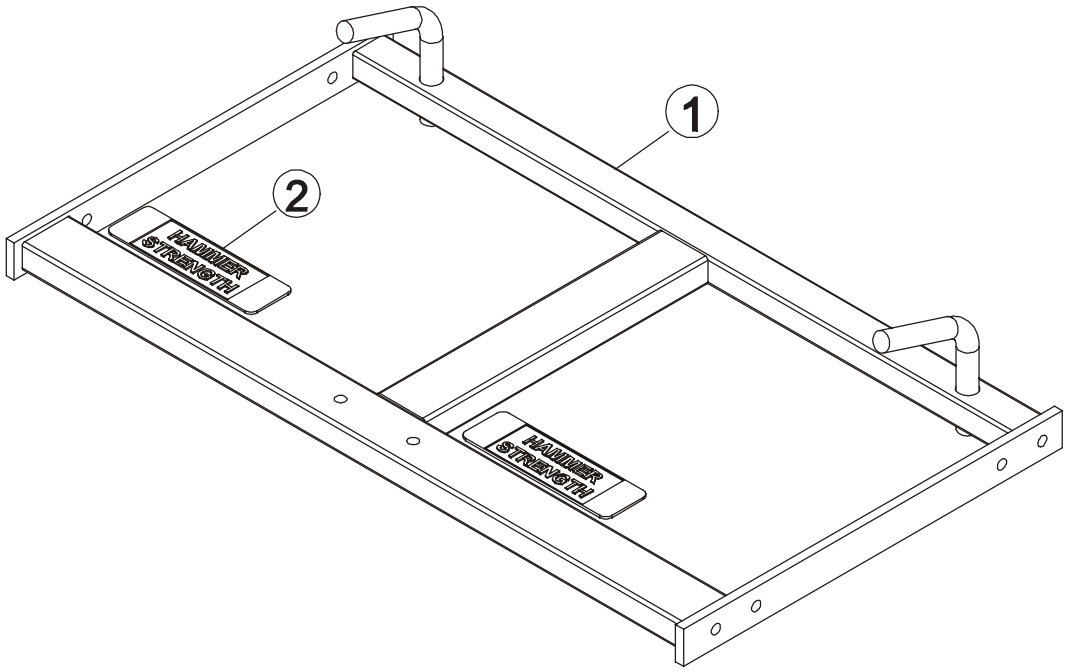
HAMMER STRENGTH EQUIPMENT

PLABC – Exploded Assembly

ITEM NO	QTY.	PART NO.	DESCRIPTION
1	1	PLABC-CBX-0	Bottom Frame Assembly
2	1	PLABC-CLSF-0	Left SF Assembly
3	1	PLABC-CRSF-0	Right SF Assembly
4	1	PLABC-CTX-1	Top Frame Assembly
5	1	PLABC-CST-1	Seat Frame Assembly
6	1	PLABC-CWB-0	WB Assembly
7	1	PLABC-CMA-0	Marm Assembly
8	1	U16-11	Standard 16" Pad
9	29	WASH.375SAE	3/8" SAE Flat Washer
10	4	HHB.375X2.5	3/8 X 2 1/2 Bolt
11	12	HHB.375X1.5	3/8 X 1 1/2 Bolt
12	1	U24-10	Standard 24" Pad
13	1	U8-4.5	Standard 8" Pad
14	2	U-ILPO	3" Hole Pattern Pad
15	12	WASH.5STAR	1/2" Internal Lock Washer
16	14	NUT.5LOCK	1/2" Thick Lock Nut
17	12	H-BACK-WASH	Backing Washer
18	12	HHB.5X3	1/2 X 3 Bolt
19	4	BELT ATTACH	BELT
20	4	NUT.375LOCK	3/8" Thick Lock Nut
21	2	HHB.375X3	3/8 X 3 Bolt
22	2	H-CAM-SPACER	
23	4	WASH.5SAE	1/2" SAE Flat Washer
24	2	HHB.5X3.5	1/2 X 3 1/2 Bolt
25	4	BELT ADJUST	BELT
26	2	PLABC-STRAP-0	Strap

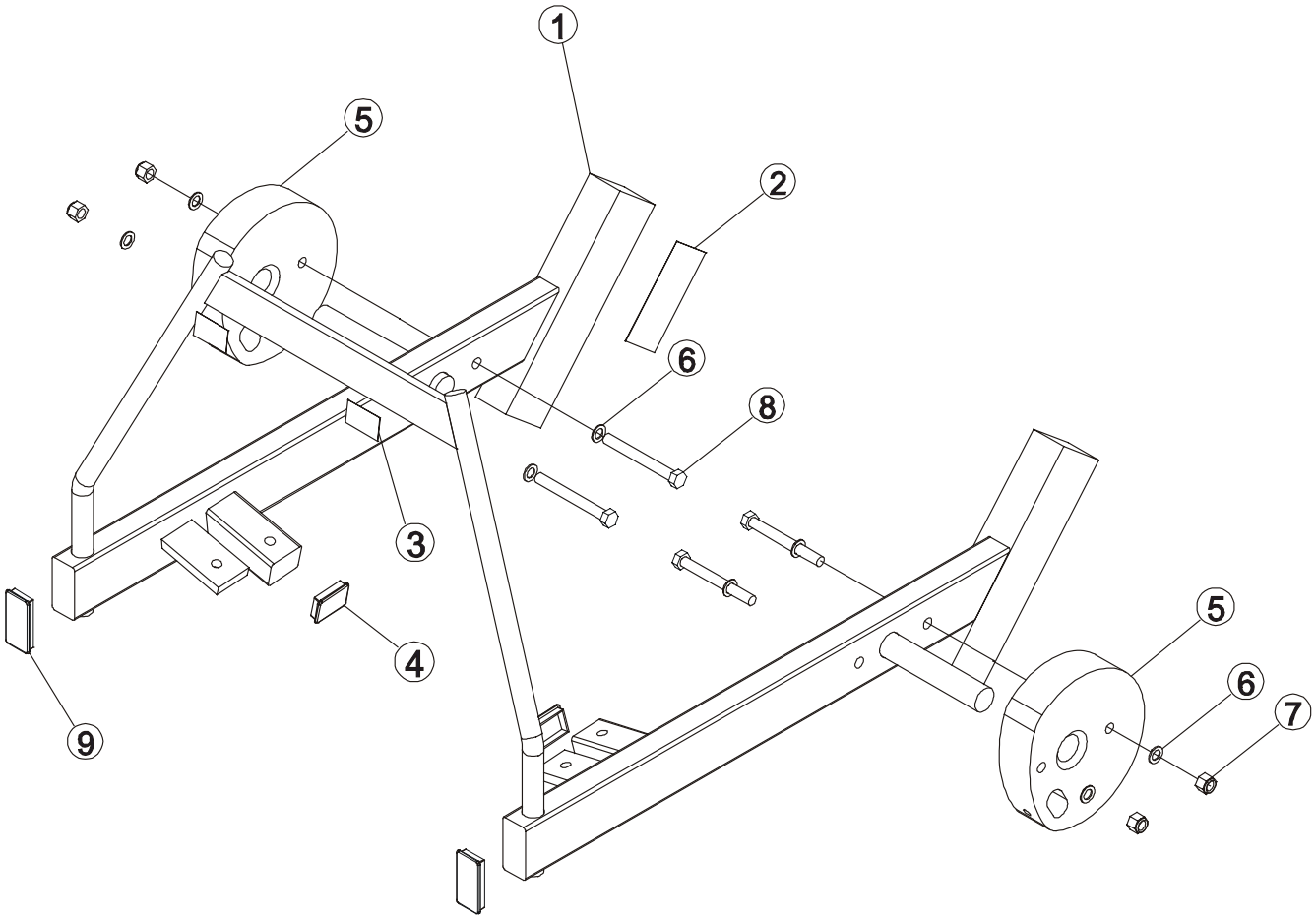
NOTE:Part numbers and descriptions for exploded assembly..

HAMMER STRENGTH EQUIPMENT
PLABC – Bottom Frame



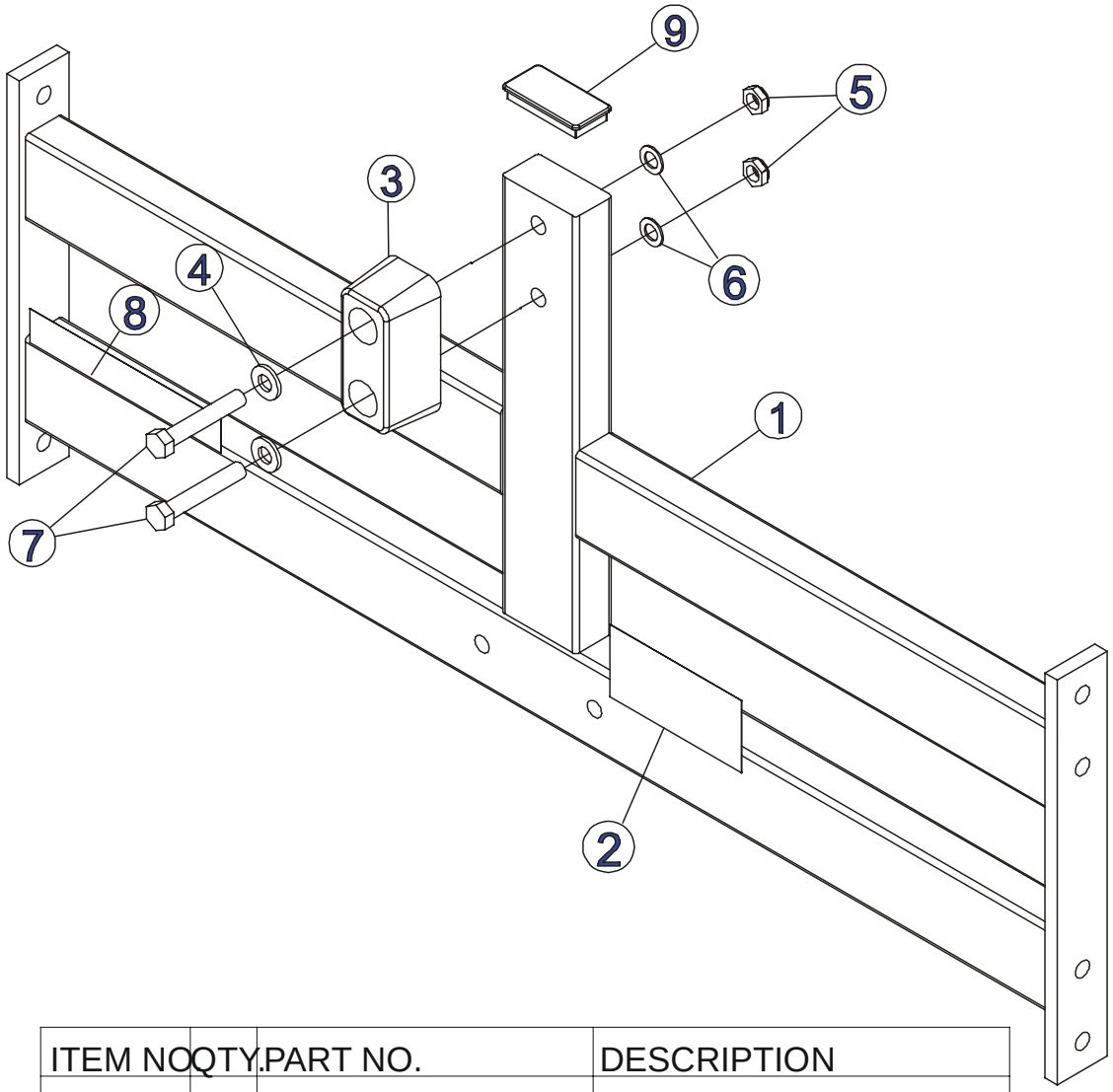
ITEM NO	QTY.	PART NO.	DESCRIPTION
2	2	H-NONSKID3	2 5/8 X 9 Nonskid
1	1	PLABC-BX-0	Bottom Frame

HAMMER STRENGTH EQUIPMENT
PLABC – Movement Arm



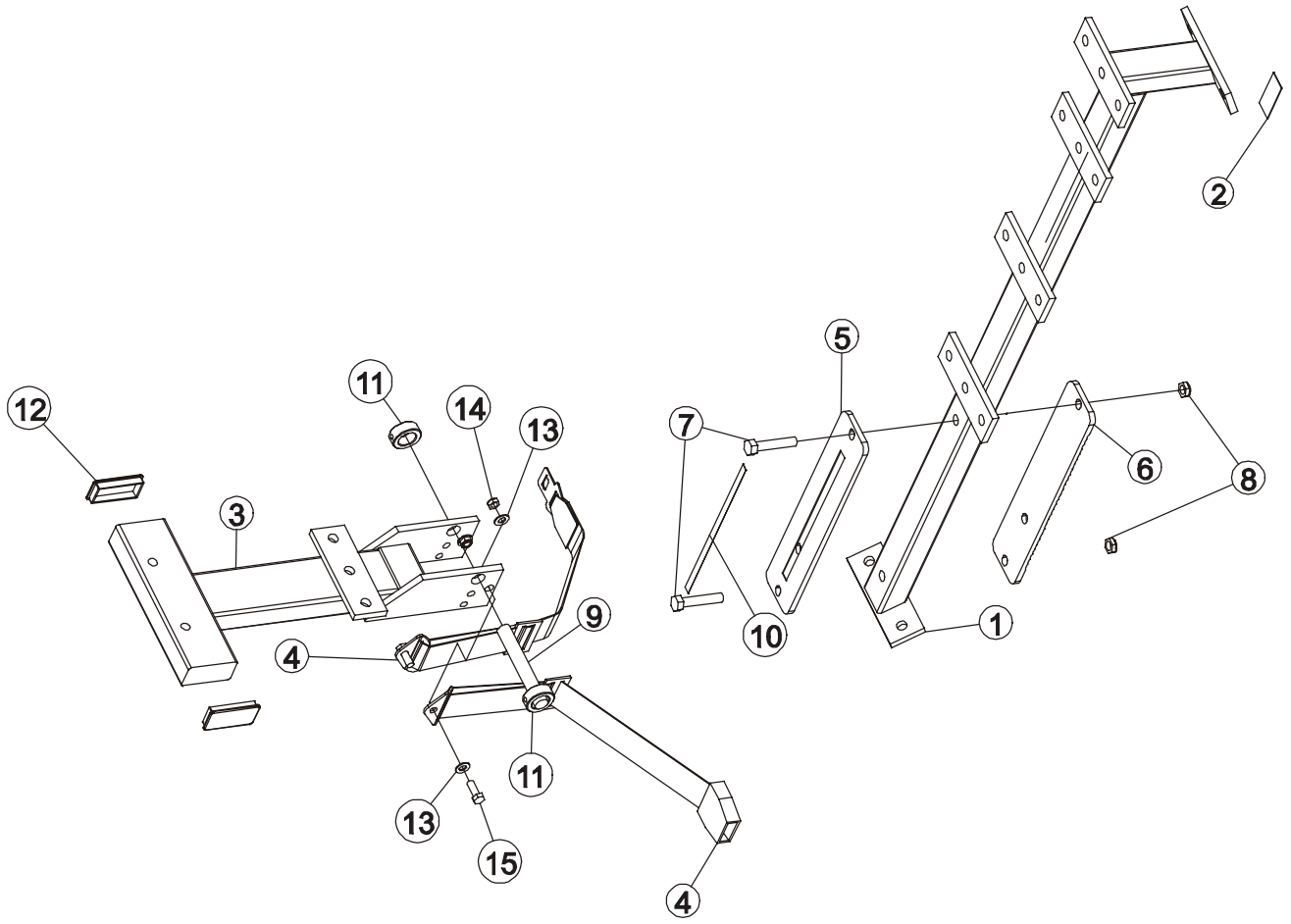
ITEM NO	QTY.	PART NO.	DESCRIPTION
1	1	PLABC-MA-0	Movement Arm
2	1	WARNING LARGE-H	Large Warning Hor
3	2	STAY CLEAR	Stay Clear Decal
4	2	H-PEND2	1 1/2 X 2 Endcap
5	2	CAM5	CAM5
6	8	WASH.5STAR	1/2" Internal Lock Washer
7	4	NUT.5LOCK	1/2" Thick Lock Nut
8	4	HHB.5X4.5	1/2 X 4 1/2 Bolt
9	2	H-PEND3	1 1/2 X 3 End Cap

HAMMER STRENGTH EQUIPMENT
PLABC – Top Frame



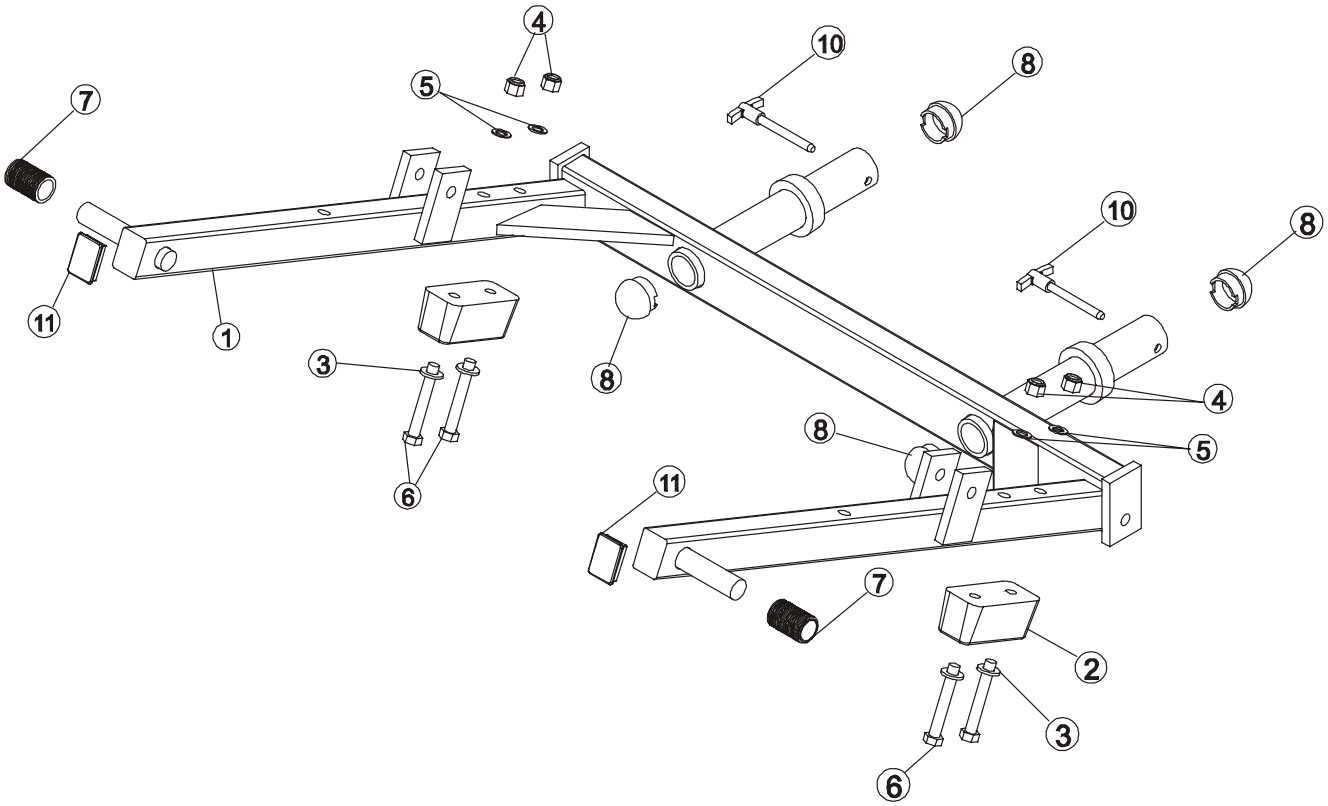
ITEM NO	QTY.	PART NO.	DESCRIPTION
1	1	PLABC-TX-1	Top Frame
2	1	WARNING LARGE-H	Large Warning
3	1	H-BUMP-MED	MM2 Medium
4	2	WASH.5SAE	1/2" SAE Flat Washer
5	2	NUT.5JAMLOCK	1/2" Thin Lock Nut
6	2	WASH.5STAR	1/2" Internal Lock Washer
7	2	HHB.5X3	1/2 X 3 Bolt
8	1	ABDOMINAL	Product Decal
9	1	H-PEND3	1 1/2 X 3 End Cap

HAMMER STRENGTH EQUIPMENT
PLABC – Seat Frame



ITEM NO	QTY.	PART NO.	DESCRIPTION
1	1	PLABC-ST-0	Seat Frame
2	1	SERIAL NUMBER	Serial Number
3	1	STD-ST2	Standard Seat #2
4	1	SEATBELT-ASSEM	Seatbelt, Complete
5	1	H-SEATRCKS	Seatrack Front
6	1	H-SEATRCKS-RIB	Seatrack Back
7	2	HHB.5X2.5	1/2 X 2 1/2 Bolt
8	2	NUT.5JAMLOCK	1/2" Thin Lock Nut
9	1	STshft	Seat Shaft
10	1	SEAT NUMBER	Seat Adj. Number
11	2	H-LCOLLAR	3/4" Lock Collar
12	2	H-PEND3	1 1/2 X 3 End Cap
13	4	WASH.375SAE	3/8" SAE Flat Washer
14	2	NUT.375JAMLOCK	3/8" Thick Jam Lock Nut
15	2	HHB.375X1	3/8 X 1 Bolt

HAMMER STRENGTH EQUIPMENT
PLABC - WorkBox



ITEM NO	QTY.	PART NO.	DESCRIPTION
1	1	PLABC-WB-0	WorkBox
2	2	H-BUMP-MED	MM2 Medium
3	4	WASH.5SAE	1/2" SAE Flat Washer
4	4	NUT.5LOCK	1/2" Thick Lock Nut
5	4	WASH.5STAR	1/2" Internal Lock Washer
6	4	HHB.5X3.5	1/2 X 3 1/2 Bolt
7	2	ACCORDIAN	Shaft Guard
8	4	H-BENDCAP	Bullet Cap
9	2	H-RUBRNG	MM5 Ring
10	2	SELECTOR PIN-4	SELECTOR PIN 4 INCH
11	2	H-PEND2	1 1/2 X 2 Endcap